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Fort Erie Secondary

7 Tait Avenue, Fort Erie
fess.dsbn.org

Monday, January 13
6:30 p.m.

Port Colborne High

211 Elgin St., Port Colborne
porthigh.dsbn.org

Thursday, January 9
6:00 p.m.

Ridgeway-Crystal Beach High

576 Ridge Rd. Ridgeway
ridgewayhs.dsbn.org

Monday, January 13
5:00 – 7:00 p.m.

GRIMSBY/LINCOLN

Beamsville District Secondary

4317 Central Avenue, Beamsville
beamvilles.dsbn.org

Wednesday, January 15
6:30 p.m.

Grimbsy Secondary

5 Boulton Avenue, Grimsby
grimsbys.dsbn.org

Tuesday, January 14
7:00 – 9:00 p.m.

South Lincoln High

260 Canboroough Street, Smithville
southlincolndsbn.org

Thursday, January 16
6:30 p.m.

NIAGARA FALLS

A. N. Myer Secondary

6338 C'Nei Street, Niagara Falls
amyer.dsbn.org

Wednesday, January 15
6:30 p.m.

Stamford Collegiate Secondary

5775 Drummond Rd., Niagara Falls
stamford.dsbn.org

Thursday, January 16
6:30 p.m.

Westlane Secondary

5960 Pitton Rd., Niagara Falls
westlane.dsbn.org

Wednesday, January 15
6:30 p.m.

ST. CATHARINES

Eden High

535 Lake St., St. Catharines
eden.dsbn.org

Monday, January 13
6:30 p.m.

Governor Simcoe Secondary

15 Glenview Ave., St. Catharines
govsimcose.dsbn.org

Thursday, January 16
6:30 p.m.

Laura Secord Secondary

349 Niagara Street, St. Catharines
laurasecord.org

Tuesday, January 14
6:30 p.m.

Sir Winston Churchill Secondary

101 Glen Morris Dr., St. Catharines
sirwinston.dsbn.org

Thursday, January 16
6:30 p.m.

St. Catharines Collegiate Secondary

34 Catherine Street, St. Catharines
collegiate.dsbn.org

Wednesday, January 15
6:00 p.m.

WELLAND/FONTHILL/ THOROLD

Eastdale Secondary

170 Wellington St., Welland
eastdale.dsbn.org

Thursday, January 16
7:00 p.m.

E. L. Crossley Secondary

350 Highway #20, Fonthill
elcrossley.dsbn.org

Tuesday, January 14
6:30 p.m.

Thorold Secondary

50 Ormond St. N., Thorold
tss.dsbn.org

Tuesday, January 14
6:30 p.m.

Welland Centennial Secondary

240 Thorold Rd. West, Welland
centennial.dsbn.org

Wednesday, January 15
6:30 p.m.

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AUDITORY LEARNERS:

You're all ears. You learn best when you listen to lectures, participate in classroom discussions, or even by reading out loud to yourself.

TACTILE LEARNERS:

You prefer a hands-on approach that allows you to learn by doing. Things like re-writing your notes, making models and doing demonstrations all help you understand the material.





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Pelham NEWS

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The long, long wait for LHIN reports



See story on page 3

COMMUNITY

Pelham Cares to focus on long-term viability

Pelham Cares is starting 2014 with a focus on its long-term viability through the Home for Good capital fundraising campaign.

The local non-profit organization announced the purchase of a building for its permanent home, after 30 years of looking for a suitable, affordable option.

The move into its new home on 191 Hwy. 20 East will take place April 1.

"We are confident this facility will enable us to better serve our clients as well as making a sensible long-term investment," said Jane Gilmour, president of Pelham Cares Inc.

See CARES on Page 2



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UPFRONT

■ CARES

Securing new home allows focus on future

From Page 1

The campaign to raise funds for long-term viability has been in the works for several years, but the official Home for Good Campaign kicked into high gear Jan. 1 and will run until April 1. The goal has been set at \$500,000.

"The amount was set at a level we felt would give us the ability to start the campaign in this next chapter of Pelham Cares' existence," said Gilmour, adding that even before the campaign gets into full swing, there is already more than \$150,000 in the

fund.

Funds have been raised since 2008, as a result of Project Pelham Cares, a committee formed to find a permanent home. While the work of that committee revealed potential sites, no suitable home was found, so the fundraising continued nonetheless.

Now, the Home for Good

Campaign offers a one-time final push for the raising of funds to offset the mortgage costs significantly while having contingency funds for future necessities.

The campaign is being administered by Gilmour, several other Pelham Cares board members and community volunteers who have been working behind the scenes in preparation for this public fundraising phase of the project.

The committee is hosting one major event, the Good for Good, March 15, and is encouraging community groups, churches and businesses to determine how best they can also contribute to the campaign. All contributions of any and all

denominations are invited and encouraged; those that are \$500 or more will receive special recognition. Several large donations will be announced shortly.

Details of contribution recognition, ways to donate and an ongoing listing of events will be maintained on the Home for Good Campaign page on the Pelham Cares website: pelhamcares.org/capitalcampaign.htm.

BACKGROUND: About Pelham Cares Pelham Cares Inc. is a volunteer-based

organization with no assured income, that has provided social support for the past 30 years to residents of Pelham of all ages and needs. The non-profit agency helps residents maintain their health, independence and community involvement.

Pelham Cares social services include:

- operating a food bank to provide necessities and support to low income families, including those who are disabled, seriously ill and unable to work
- arranging transportation to

medical appointments within the Niagara Region and beyond, for seniors and others who are otherwise unable to get there

- offering sponsorship for recreational, sporting and educational activities so that all youth will have access to opportunities their families simply cannot afford to give them
- responding to emergency situations

For more information about Pelham Cares and its services, visit pelhamcares.org.

allows visitors to create their own wine tour and share experiences. The new site also provides information on wine styles, varieties and local appellations. It includes all grape wineries in the province.

Hiring news

ST. CATHARINES — St. Catharines-area employers expect a modest hiring climate for the first quarter of 2014, according to recent Manpower Employment Outlook Survey. Survey data reveals 37% of employers plan to hire for the upcoming quarter from Jan-

to March, while 17% anticipate cutbacks. Another 66% of employers plan to maintain their current staffing levels in the coming three months.

Soup's on

PELHAM — Sunday Jan. 19, from 11:30 a.m. to 1:30 p.m.

the Fenwick Lions will be hosting its annual soup and bread lunch. There will be a selection of homemade soups, a variety of breads, desserts, coffee, tea and juice available for \$7 per person. It will be held at the Fenwick Lions Club, 999 Church St., Fenwick.

Interactive wine route unveiled

ST. CATHARINES — Grapes Growers of Ontario have unveiled a provincial interactive wine route planner called wineOntour.ca. It



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■ **HEALTH CARE:** Welland woman still hopes for response – three years later

The long, long wait for LHIN reports

MARLENE BERGOMA

QMI Agency Niagara

The agency that allocates billions of health-care dollars every year is not the only secretive one in the province.

But the offices of Local Health Integrating Networks that are considerably more open and transparent than the LHIN that serves Hamilton, Niagara, Halton and Brant. And that LHIN has been keeping secrets for a long time.

Health-care advocate Pat Schofield of Welland has been waiting since 2011 for access to a report he received at a February 2011 LHIN meeting. And Bill Doyle of Fort Erie regularly attends LHIN meetings without being able to fully understand what's going on due to a lack of information.

In November, QMI Agency Niagara asked LHIN chief executive officer Donna Cripps for access to the report that made it to the board's monthly meetings. QMI Agency Niagara is still waiting for an answer to that request.

Board chair Michael Shea — a Hamilton police superintendent — said he doesn't want the public to be able to

read the reports until after the board has dealt with them. Currently, they are not made public until six weeks after they are discussed and approved.

Cripps recommended in December the public be given access the day before the meeting. But her recommendation was rejected by Shea and the LHIN's governance working group. Shea told The Star she was trying to set a precedent in Ontario and First wants to know what other LHINs are doing.

But a report prepared for Shea and other members of the LHIN board of directors in December shows exactly what eight of the 13 other LHINs in the province are doing.

Four are completely open and transparent.

Four release the post the information immediately after the meeting — usually the next day.

Only one other LHIN is as cautious and secretive as the Hamilton Niagara Halton Brant LHIN — North Simcoe Muskoka. Both wait a little over a month before releasing the information to the public.

Schofield has been paying attention to health-care issues in 2008 over concern

YOUR HEALTH-CARE DOLLARS AT WORK

The Hamilton Niagara Halton Brant LHIN allocates \$2.5 billion annually to 202 health service providers that deliver more than 230 different health programs and services to residents in Hamilton, Niagara, Halton and Brant.

about decisions being made by the Niagara Health System, wrote Cripps in April 2011. In November 2011, a report entitled "Impact of Hospital Bed Closures on NHNB LHIN's Acute Alternative Level of Care."

"I will review and get back to you," Cripps replied by e-mail.

A month later, Schofield asked again.

At that time, Cripps said the LHIN's governance working group "is working on a protocol to determine how best to share information with the public."

"The work of the governance working group is not yet complete," Cripps wrote

in May 2011, "so I cannot share this document with you yet. However, I am optimistic in this regard, as I will go to the board, probably in the summer. I will not lose your request and I will respond as soon as I have direction."

Schofield is still waiting.

"As of January 2014, I have still not received that response," Schofield said.

She said the lack of transparency and the reluctance to make it available in a timely manner of what is being discussed makes attending LHIN meetings "pretty much a waste of time."

One person who hasn't given up on LHIN meetings is retired teacher Bill Doyle.

He attends most LHIN meetings as a volunteer, spending several hours each month reporting back to the 3,000 members of the Niagara chapter of the Retired Teachers of Ontario. Doyle agrees the task is confusing and difficult, but he does it "because health-care affects all of us."

"The agenda just gives you the topic" that is being discussed, he said after the December meeting. "You don't know what it's about, you can't ask questions. You are just a silent observer."

Doyles said he usually takes about eight pages of notes. After he writes his report, he waits for the LHIN to post its minutes — six weeks after the meeting — to see if his report is accurate.

Doyles would also welcome being able to actually read the LHIN documents as they are being discussed.

TRANSPARENCY REPORT CARD

According to a chart prepared for the local LHIN, here's what other LHINs across the province are doing:

Information made available five to seven days in advance.

Central, South West, South East and Erie St. Clair

Information made available the day after a board meeting.

Central East, Waterloo Wellington and Chatham

Information made available four weeks (or more) after a board meeting.

Hamilton Niagara Halton Brant and North Simcoe Muskoka

Doyles said he usually takes about eight pages of notes. After he writes his report, he waits for the LHIN to post its minutes — six weeks after the meeting — to see if his report is accurate.

"We believe there is no reason for any secrecy. If we are working on behalf of the people, why would we keep that information from the public?"

marlene.bergoma@sunmedia.ca
Twitter: @marlenebergoma

■ **COLUMN:** Baty talks 2014

Winding up and winding down in 2014

BRIAN BATY

By year 2014 marks the end of the four year term of Niagara Regional Council with the election set for Oct. 27.

We will see the start of some large infrastructure projects this year including the replacement of the Burgoyne Bridge in St. Catharines and the construction of a sewage treatment plant in Niagara-on-the-Lake.

Councillor Brian Baty will enter a reconstructed council chamber this spring which will comply with accessibility standards and provide improved electronic communication capabilities.

In Pelham, the final work on Regional Road 20 is

planned with paving of the roadway from Pelham St. to Lookout St. where the addition of the bike lanes will allow cyclists from developments in the west to connect with the Haisl St. intersection.

2014 also sees the completion of the regional transit project and ballot referendum questions on the future of regional funding of transit and the governance question of the amalgamation of local municipalities in Niagara.

At the beginning of June, Niagara will welcome more than 2,000 delegates from across Canada and around the world to the annual FCM conference (Federation of Canadian Municipalities). I have been the Council cham-

pion in planning some 20 study tours highlighting some of the best practices demonstrated here in Niagara. Our team hopes to do some dry runs of each tour in our final planning stages. A tour of the world-class Vineland Research Institute and a local hydroponics greenhouse will be held later this month.

Future columns hope to provide some insight into the best that Niagara offers in the delivery of some of these study tours.

At the Niagara Peninsula Conservation Authority (NPCA), our five working group leaders (Governance & Accountability Working Group is chaired by me) for the Strategic Plan will meet later this week to finalize

the Strategic Plan following a series of consultations and public meetings. It is hoped that this final draft will be approved by this spring and that the structural reorganization including a new senior management team will be in place by spring 2014. Also, we await the peer review report on the Welland River Floodplain Mapping. This will help guide the final policy and procedure for the delineation for the Welland River Floodplain with considerable input required from local citizens as well as the Welland River Floodplain committee that has been established.

The Niagara Escarpment Commission is planning for a provincial review of

the Niagara Escarpment Plan in 2015. In Niagara I am planning a workshop to review the boundaries of the NCC boundaries and protected areas. Included will be up-to-date mapping which better defines the boundaries as well as consideration for inclusion of potential sensitive areas in the plan boundaries.

Unlike the Greenbelt Plan which is characterized by straight line boundaries, The Niagara Escarpment Plan is irregular in its delineation. For example, I would have thought that all the Marlene Stewart Park would have been included in the mapping but recently discovered that only the northern boundary with the John

Nemay trail system and the Lethbridge Property is included. I will write articles and information sheets to help us understand and respect the boundaries of this unique biosphere in our community.

It is my hope to keep readers informed during 2014 of matters at the Region of Niagara as well as related Boards, Agencies and Commissions. By this spring I also hope to use social media to enhance this communication with the public.

Brian Baty is a Niagara Regional Councillor for the Town of Pelham, a member of the NPCA Board and a Commissioner of the Niagara Escarpment Commission.
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SUN MEDIA

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Review designs for Downtown Fenwick revitalization

MAYOR DAVID AUGUSTYN

Just before the Christmas break, residents and business owners were invited to see the latest plans to revitalize Downtown Fenwick.

For the past year, the Town of Pelham invested funds to revitalize Downtown Fenwick. In 2013, staff ran into delays with design, with added work (properly attaching the storm sewer to Church Street) and with coordinating with the utility's schedules. Last September, because of these challenges, Council decided to postpone the revitalization until 2014.

Council made that decision after receiving a staff report outlining the project's complexities. In essence, to properly deal with the storm sewers and to do them correctly, the engineering consultants, construction team will have to dig up the storm sewer, the requirement to bury the hydro lines and other overhead utilities meant that the Town must work closely with Ontario Hydro. Hydro had said they could not undertake that work until 2014.

In early December, Council approved \$4 million budget to reconstruct the roads, bury the hydro lines, and make the Downtown more pedestrian friendly.

The consulting engineers met with the public on Dec. 19 to review the nearly-final designs. While the community attended for the time of year (just before the holiday) I spoke to a few people that would have liked to attend the open house and review the plans.

Well, now the Town has posted the plans on our new website at www.pelham.ca/current-construction-projects. What do you think about the streetscaping elements? What are your thoughts about the proposed locations of the hydro transformer boxes? Do the road sections make sense?

While there is still another, final stage of design work to be completed, now is the time to suggest any changes.

The tenders for the general contractor will go out in February; I hope that the first stages of construction can begin in March or April.

Council has directed staff to ensure as little negative impact on Downtown businesses and on traffic as possible. And, having learned from other major projects in recent years, Council is also looking for a clear process to keep businesses and the public informed about construction progress and a clearly defined person in charge to approach with any concerns.

We look forward to your feedback on the latest design. With your help, the Town can ensure that the revitalization of Downtown Fenwick can be the best possible for now and for many years to come.

You may contact Mayor Dave at mayor@pelham.ca or read past columns at www.pelhammayorDave.blogspot.com.

PELHAM NEWS ■ THURSDAY, JANUARY 9, 2014

COMMENT

The Great Mogambo makes 2014 predictions

The Great Mogambo is back! And he's pumped about his 2014 predictions. "This could finally be the year I get one right," enthused Mogambo, "although I doubt it."

Without further ado, here are the Great One's forecasts for the coming year.

Tired of the constant scrutiny and criticism, Rob Ford resigns as Toronto mayor in the fall and announces he's moving to Merriton where he'll run for city council on the promise of bringing an end to the gravy train.

— On the anniversary of the St. Catharines hospital opening in March, Niagara Health System officials honour the person who waited the longest for emergency department service during the first year. He receives a plaque that reads: "Next time, take Aspirin."

— The re-opened the Meridian Centre opens with a bang when a long-time community favourite is booked to kick off the Niagara Wine Festival. Turns out, though, Mr. Grape can neither sing nor play the ukulele as promised.

— In May, India's most popular TV show, *Diya Aur Baati Hum*, announces it will have an episode where its main characters visit St. Catharines. To save costs, the show's producers shoot the exterior "St. Catharines" scenes in Mississauga. "We understand the environment are very similar," explains a show spokesman.

— In February, the Ontario government officially pulls the plug on any further horse racing in Fort Erie. However, it does agree to give one-third funding for a replica of the Port Dalhousie Carousel on the old race-

track site. Bets on the carousel animals are limited to a nickel.

— By April, Merriton residents make it clear to council candidate Rob Ford that he doesn't want the gravy train to end in their ward.

— It's announced in the summer that GO train service will come to St. Catharines by the end of the year. True, the transit system only has one train. The Pen Centre's Polar Express Train in the Sears court, acknowledges St. Catharines Mayor Brian McMullan, "but it's a start."

— In February, several Niagara Region employees go to Coun. Andy Petrowski's residence, get in his face and yell at him as he paints his living room. Petrowski files a complaint with the region's integrity commissioner.

— Local wineries rejoice in July when the Ontario government decides to ban the practice of allowing wine sales at farmers' markets. Their joy is short-lived, however, when they discover farmers are now allowed to set up stalls and sell rutabagas in Montebello Park during the Niagara Wine Festival.

— In June, the region's integrity commissioner rules against Coun. Petrowski's complaint. The employees were justified in their actions, explains the commissioner, because Petrowski was sloppy in his painting and was not able to complete the job in time. — St. Catharines and Galt/Milton/Mississauga hold a news conference in April to announce a major redevelopment for the auto giant's Ontario St. property. It will host ball hockey tournaments in the parking lot. When he's asked about future plans for the buildings, the GM Canada president simply chuckles.

LETTERS TO THE EDITOR

SLIPPERY SIDEWALK IN PEHLAM

Why bother using equipment to clear sidewalks if it won't clean to the bare concrete or asphalt? Not clearing sidewalks properly can create ice by pedestrains. Bristle brush machines are used and towed by tractors are available that would clear the sidewalks bare. They resemble the brushes used by the sand sweepers in the spring. If you are going to do a job, do it right the first time to prevent lawsuits. Are you going to hire more staff to clean the sidewalks? Your works department runs on a bare minimum now. Hope there's no funeral the day it snows. It takes two men to prepare for a burial about three hours, barring no one in the cemetery. It's time to close down in the cemetery, too. It's time this town stopped working with a dedicated skeleton crew for the work needed to do. These guys bend over backwards and receive no credit. It's also coincidental that watermain breaks occur during the winter months which are repaired by those snow-clearing personnel. Oh well, no shower or coffee this morning. It might be a good idea to have a contractor on standby to clear the sidewalks. They will be done the same day it snows.

RON WINNICKI
PEHLICK

NEW TREATIES NEEDED

I completely agree with Jim Bray's letter published recently. The treaties were signed more than 300 years ago, before this country was born. It was easy then for the "white man" to offer a truce to the natives, but times have changed. They didn't own the country, they just roamed it looking for food. Did the treaties offer to pay them, and their ancestors, rent for all eternity? The Canadian government gave them reservations to live on, plus monthly allowances. I know most people will not agree, but I think I have the right since my dad was a grandson of the chief of one of the tribes, but he never lived in a reservation, nor accepted any money from the government. It is time, indeed, to update the treaties.

MARGE BROWNE
ST. CATHARINES

REVENUE DISAGREEMENT

I found it interesting that the term "revenue stream" was used with regards to the proposed funding for the Toronto transit system by Mayor Rob Ford. To me that term speaks volumes. The first time I heard it was out of the mouth of Premier Wynne shortly after taking office. I kinda

— In May, Rob Ford returns to Toronto and says he's "very, very, very sorry" he ever left. The hasty decision to move to Merriton, he explains, was made in a drunken stupor.

— A Thorold woman accompanies her husband to his annual checkup in June. While the husband gets dressed, the family physician comes out and comes to the woman. "You do it" she says, "but he's handy around the house."

— A motion at Niagara regional council in September to designate St. Catharines as the unofficial capital of Niagara is defeated in a 24-7 vote. "If we had true representation by population on regional council," fumes Mayor McMullan, "we'd only have lost by a 24-vote."

— As construction costs continue to rise, the back of St. Paul St., the project architect tweaks the final design in an attempt to replicate the Stilt City look. Some of the area's steel girders will be exposed and the exterior will feature metal cladding that is guaranteed to rust.

— New St. Catharines Mayor Jennie Stevens, who during her successful election campaign promised a gravy train for every ward, announces during her inaugural speech in December that the long-vacant old Merriton town hall will now serve as St. Catharines' city hall.

— In December, plans are unveiled to turn St. Catharines' old city hall building into a student residence.

— The Great Mogambo retires with an unblemished record.

like the term "revenue reimbursement" but, hey, I guess that speaks volumes about me.

JOHN OVERALL
NIAGARA FALLS

GOOD CARE AT HOTEL DIEU SHAVER

I have just completed the Parkinson's Rehabilitation Program offered at Hotel Dieu Shaver hospital.

I cannot say enough about the highly motivated and dedicated team of therapists, nurses, doctors, nutritionists, volunteers who treat and help to deal with daily living challenges. The program is two, three-hour sessions, twice a week for six weeks. Topics covered include exercises to improve mobility and balance, fine motor skills, instruction in speech and breathing improvement and a variety of Parkinson's-related subjects.

I encourage all those with Parkinson's to ask your doctor for a referral to this excellent program. A special thank you to the team and to former NFL player, Steve Laddus, whose ongoing fund raisers have provided the cash needed for the hospital to make this offering.

KETH LONGSTER
NIAGARA FALLS



PELHAM DATEBOOK

JANUARY 9

WHIMIS TRAINING

at Employment Solutions, 9 a.m. to noon, 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

PASTA NIGHT AT CASA DANTE

Takeout dinners are available for \$8.95, 3 p.m. to 6:30 p.m. Souce, meatballs, marinara soup, and pasta fagioli are also available for takeout.

NIAGARA PROSTATE CANCER

Support Group meets at 7 p.m. at the Canadian Cancer Society office, 45 Hannover Or., St. Catharines. Cancer information plus discussions. Men and women welcome. For more information call 905-934-1685.

JANUARY 11

UKRAINIAN NEW YEAR'S

"Malanka" celebration at the Ukrainian Cultural Centre, 6:30 p.m. to 1 a.m. Dinner/dance featuring the Nutones. Tickets are \$40 each. Call Myron at 905-892-4336.

FAMILY MOVIE

at Diamond Trail branch library, 1 p.m., Alpha and Omega 2: A Howliday Adventure. The movie is rated PG and is fun for the whole family. Tickets are free and can be picked up at the circulation desk. For more information on all programs at the Diamond Trail branch, call 905-322-1030, visit the information desk or visit www.wellandlibrary.on.ca.

ANIME CLUB

at Welland Public Library. Enjoy watching new anime and discussing your favourite anime and manga with friends. This club is recommended for kids aged 10 to 17 and meets 2:30 p.m. to 4 p.m.

JANUARY 12

LEARNING THE SECRET LANGUAGE OF CATS

are mirrored in our own lives. Dr. Carol Teed graduated from the Ontario Veterinary College in 1990. She spent most of her twenty-three year career as a veterinarian working in a feline specialty practice, Mon., Jan. 13 at 7 p.m. \$30.00. Please register ahead. Books for sale and signing. Pelham Public Library

JANUARY 13

SECRET LANGUAGE OF CATS

What do cats want us to know? Or Carol Teed describes what can be learned from understanding the mind of this mysterious creature. With humour, candour and intelligence, this author not only provides insight into modern day feline health and welfare issues, but describes how the experiences of a cat are mirrored in our own lives.

Meet with the Pelham Public Library at 7 p.m. Cost \$3. Please register ahead. Books for sale and signing.

PORT COLBORNE HISTORICAL

Society meets at 7 p.m. at

Portal Village Retirement Home. Local traveller/photographer Reilly Melash will speak about the Appalachian History Highway. All welcome. For more information call 905-834-4143.

SCRAPPY DROP IN

Work on your latest cardmaking, stamping, papercraft or scrapbooking project at Pelham Public Library, 10:30 a.m. to 12:30 p.m. Cost \$2.

SAFE FOOD HANDLING

session at Employment Solutions, 9:30 a.m. to 3 p.m., and at the same hours on Jan. 14 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

JANUARY 14

THE ABCS OF ANCESTRY

Steve Fulton from the Niagara chapter of the Ontario Genealogical Society will be at Pelham Public Library to show you the basics of using Ancestry.com. An ancestry representative will answer questions and provide tips

through Skype. Time 6:30 p.m. Bring your own laptop, if possible. Cost \$3. Register ahead.

NIAGARA SECULAR

Humanists invite everybody to

to their monthly meeting at 7

JANUARY 15

FIRST AID, CPR, AED

at Employment Solutions, also on Jan. 16, 9 a.m. to 4:15 p.m., 3 East Main St., Welland. Call 905-788-3751 to reserve your spot.

GIANT BOOK SALE

NSNAP Niagara Spay and Neuter Animal Care Program, hosts a book sale today Jan. 19 at Fairview Mall in front of Zehrs, 285 Geneva St., St. Catharines. Volumes, books and cat food donations gratefully appreciated. Contact 229-897-8514 or nsnap@coopeco.ca.org, or visit <http://nsh.niagara.org>.

Continued on next page

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PELHAM DATEBOOK

From Page 5

WELLAND HORTICULTURAL

Society monthly meeting, 7 p.m. at Wesley United Church, 244 First Ave., Welland. Darren Schmehl speaks about fundamentals of garden design. All welcome.

EBOOK WORKSHOP

Did you get an eReader over the holidays? Then this information session might be for you. Come Welland Public Library for a workshop that will show you how to use the OverDrive service to access and download eBooks and audio books to your e-reader, eReader and tablet; starts at 2 p.m. Please register in advance as space is limited. Call 905-734-6210 ext. 2521.

FINANCIAL MYTHBUSTERS

Debunk the financial myths we hear floating around from experienced financial advisers, at Port Colborne Public Library. It will be worth your time and may save you money. Bring your own myths and questions. Time 6:30 p.m. Free but please register ahead.

JANUARY 17

CROCHETING FOR KNITTERS

This course is for knitters who would like to learn enough crocheting to create edging and add crocheted flowers and other embellishments to a knitted item. Taking place at Pelham Public Library, 3:15 p.m. to 4:30 p.m., this course costs

\$15. Please register ahead.

WELLAND FAIR AGM

Niagara Regional Agricultural Society annual general meeting is at Holy Trinity Anglican Church, 77 Division St. Welland (market square entrance), starting at 2 p.m. Award ceremony to follow at 3 p.m. with light refreshments.

JANUARY 19

SOUPS ON

Fonthill Lionsess Soup and Brewfest, 11 a.m. to 1:30 p.m. at the Fonthill Lions Club, 999 Church St., Fonthill. A selection of homemade soups, variety of breads, dessert, coffee, tea and juice. \$7 per person.

JANUARY 20

'RESOLUTION SOLUTION'

Free workshop sponsored by the Christadelphians of Niagara, at 10:30 a.m. to 1:30 p.m. on Jan. 25 at the Fonthill library, 49 Pelham Square. Pre-registration preferred by Jan. 17. Call 905-714-0701 or e-mail davejpannegray@gmail.com.

JANUARY 22

WHI BOWLING FOR SENIORS

at Port Colborne Library. Bring the library for fun, low-impact exercise, and a little friendly competition!

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Time 1:30 p.m. to 3:30 p.m. Free.

JANUARY 25

PROGRESSIVE EUCHRE

hosted by Fonthill Lions at the Fonthill Lions Hall, Hwy. 20, 7 p.m. Prizes, light food, cash bar, \$5 a person.

JANUARY 27

HEARING CLINIC

Connect Hearing will be at Pelham Public Library giving free hearing screenings and answering any questions.

Free but please schedule your appointment ahead: 905-892-6068. Also on Feb. 24, both days 10:30 a.m. to 1 p.m.

PELHAM HORTICULTURAL

Society meeting at the Fonthill library, 7:30 p.m. All welcome to come and hear Wolfe Bonham of Peace, Love and Landscaping talk about "Garden Design - Overcoming Landscaping Problems & Mistakes."

JANUARY 29

FILM BUFFS

discussion group at Port Colborne Public Library. Members watch films at home and then join the group for discussion. Time 2 p.m. to 4 p.m. All films are discussed are available in DVD format to borrow from the library. January's selections are *Night of the Hunter* and *The Legend of 1900*.

JANUARY 31

SOUPS ON!

tickets on sale for the annual fundraiser for St. Kevin Social Justice Scholarship fund. The menu includes soups, spicy carrot, ginger and coconut (Blessed Trinity High School); chicken wing and French vegetable pistou soups (Eastdale Secondary); Vietnamese pho (beef and noodle) and red lentil soup (Confederation); carrot with bacon, sage and cream cheese (Notre Dame College School) corn and pepper chowder with barbecued

chicken and Scottish leek and potato soups (Niagara College Canadian Food and Wine Institute) and chocolate chili (Lakeshore Catholic).

Tickets are available at St. Kevin's parish office Monday through Friday; before and after Mass; or call ticket convener Mimi Gibbons, 905-734-8486. Tickets are \$10 each, seatings are 11 a.m., noon and 1 p.m.

free of charge. Call the library at 905-734-6210 ext. 2521 or visit the information desk to book your appointment.

BEST FUN 'N' GAMES

at the Diamond Trail branch library. Kids, flip books on by entering exciting activities before Fun 'N' Games start. This program runs 5:30 p.m. to 6 p.m. every Monday until April 7. For more information, call 905-922-1061.

STRUDEL

St. Anthony's Croatian Church is selling frozen apple and cheese strudel. Call 905-735-6159.

DOCUMENTARY SERIES

To commemorate the 100th anniversary of the First World War, Port Colborne Public Library will present a monthly documentary film during the entire year of 2014. The documentaries will be shown on the second Wednesday of each month at 1:30 p.m. At several sessions, speakers will be invited to talk about the Great War. For more information, call 905-834-6512.

Volunteer Drivers

needed by Community Support Services of Niagara, within and outside the region. Volunteers are reimbursed mileage and hours are flexible. Between 8 a.m. and 6 p.m. Monday to Friday. Call Laura Dumas at 905-788-3181 ext. 27 or e-mail lumas@cssn.ca for more program details. You can also visit www.cssn.ca.



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RECREATION PROGRAMS & CLASSES

Zumba Fitness @ Pelham Arena

Tuesday Jan 14 7:30 pm - 8:30 pm
Thursday Jan 16 9:30 am - 10:30 am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60.

Zumba Kids & Zumba Kids Jr. @ Pelham Arena

Turn up the music, wiggle, shake and have a blast with your friends in these rockin', high-energy fitness parties packed with specially choreographed kid-friendly routines.

Tuesday Jan 14 5:30 pm - 6:00 pm (4-7 yrs)
6:00 pm - 6:30pm (8+ yrs)

Thursday Jan 16 5:30 pm - 6:00 pm (4-7 yrs)

6:00 pm - 6:30pm (8+ yrs)

Drop in and try any session for \$4.50 or purchase your 10 + 2 bonus passes for \$40 at Pelham Town Hall. For more information on any of the Zumba classes, please contact (905) 892-2607 ext. 329.

Walking Club - Everyone is welcome! - Jan 14 and Jan 16

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10 am and Thursdays at Fonthill Bandsheild from 9-10:30 am. For more information, please contact (905) 892-2607 ext. 329.

Arena Programs

Public Skating	Adult Public Skating	Adult/Preschool	Men's Shinny Hockey	Women's Shinny Hockey	Women's Learn to Play Hockey
Sunday Jan 12 1:00-2:20 pm	Thursday Jan 16 1:00 - 2:00 pm	Tuesday Jan 14 1:00 - 2:00 pm Friday Jan 17 10:00 - 11 am	Tuesday Jan 14 8:00 - 9:00 am Friday Jan 17 9:00 - 10:00 am	Monday Jan 13 10:00 - 11:00 am Thursday Jan 16 10:30 - 11:30 am	Thursday Jan 16 9:30 - 10:30 am
Tuesday Jan 14 7:30-8:30 pm Friday Jan 17 8:00 - 9:30 pm					

"Get Active for Life" Join us at a park near you! Participation is at no charge, but we do require a registration form be submitted.

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 - 11:00 am Peace Park (Nordic Walking)	Woodstream Park (Walking)	Peace Park (Walking)	Woodstream Park (Walking)	Cherry Ridge Park (Walking)
6:00 - 7:00 pm Cherry Ridge Park (Walking)	Peace Park (Walking)	Pelham Arena (Walking)	Woodstream Park (Walking)	

For more information, please visit pelham.ca or contact jcook@pelham.ca or call 905-892-2607 ext. 329.

COMMUNITY EVENTS & NEWS

The Mayor's Gala Committee is seeking applications from local organizations serving Pelham that are interested in receiving a donation from the funds generated by the Annual Mayor's Gala. Visit www.pelham.ca for more information.

Learning the Secret Language of Cats - With Dr. Carol Teed, D.V.M. Mon., Jan. 13 at 7 p.m. Cost is \$3.00. Please register ahead. Books for sale & signing. Pelham Public Library.

Overdrive & E-Books - Learn step by step how to download and use the Pelham Public Library's Overdrive e-books. You must have basic computer skills, an email address and a Pelham Public Library card. Wed., Jan. 22 from 6-8. Cost is \$10.00 and payable at time of registration.

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LOCAL NEWS

■ DR. ROBIN WILLIAMS: Considered a leader in improved child, family health

Former top Niagara doctor named to Order of Canada

MARLENE BERGSMAN
QMI Agency Niagara

Niagara's former chief medical officer of health is getting the country's highest award for community service.

Dr. Robin Williams, a former Niagara Falls pediatrician and Niagara Region's former top doctor, has been a recipient of the Order of Canada by Gov. Gen. David Johnston "for her contributions as a public health leader promoting effective policies in early childhood development."

Williams said she is humbled but also delighted to be honoured for her work for a cause about which she is still



DR. ROBIN WILLIAMS

proud.

"It's always been my main interest, finding out what are the things that make kids and families happier and healthier — what will set them on a trajectory for health and well-being for the rest of their lives," said Williams.

Williams is currently serving as the Associate Chief Medical Officer of Health for Ontario.

In her role as medical officer of health for Niagara Region, Williams said she was pleased to be a part of the team that improved children's health and health care and instituted better supports for parents.

As a member of a provincial government panel in the 1990s, she helped bring about the creation of family Yards Centres of Ontario and improved benefits for long-term parental leave for new parents.

"But there are still lots more to figure out and still lots more to be done," said Williams.

Williams is a mother of three and grandmother of eight who still makes her home in Niagara.

Based on a recent Unicef report, Canadian children are "stuck in the middle" in a list of 29 industrialized countries for things such as education, housing, material well-being and health and safety, she said.

Of particular concern is Canada's ranking 24th out of 29 for children's own views of their life satisfaction, 27th for obesity and 21st for bullying.

"This is an internationally respected measurement, and this is good enough," she asked. "No, it is not. We are not making progress on some

of the stuff we should be making progress on."

Williams said she will continue to use her role in the Canadian Pediatric Society to call attention to the struggles she sees young families facing.

She does not know how she came to be recommended for the award, and when she first received the phone call she thought it was in regard to someone else's nomination.

When she found out she was being named a recipient, "I was so surprised," she said.

"Public health is a team sport and everything I have done in my life is through solid teamwork. I am just a place holder. It's like that

commercial — there are no unassisted goals, and this is so not a shared award. This is so not about me."

"I have been very fortunate, both with opportunities and with the people I have worked with who have shared my passion."

Williams will receive the award at an upcoming ceremony.

The Order of Canada is one of the country's highest civilian honours, established in 1967 to recognize outstanding achievement, dedication to the community and service to the nation.

marlene.bergsmann@summedia.ca
Twitter @marlenebergsmann

CHRISTMAS CHARITY

Mixed results for Niagara kettle drives

DON FRASER
QMI Agency Niagara

ST. CATHARINES — Salvation Army Niagara reports mixed results for this year's Christmas kettle campaign, which ended Dec. 24.

Pastor Tony Kennedy, of Salvation Army in St. Catharines, says the campaign raised about \$230,000 of its \$280,000 goal. That goal represents the money raised in the 2012 campaign.

"Even though we were short, the community was very supportive," Kennedy said of his campaign area, which includes Thorold, west

Niagara and Niagara-on-the-Lake.

"We need to make sure that message goes out there as well."

Greg Warkentin, Salvation Army executive director of an area that includes south Niagara, said campaign there were reasonably well. "We came very close... we reached what we had intended to reach, but could obviously aim higher," he said.

Port Erie met its goal of \$55,000, while Welland raised about \$78,000 of a \$80,000 objective. Port Colborne tallied about \$30,000 of a \$35,000 goal based on last year's final

total.

"This isn't the only method we rely on for people to bring in donations," Warkentin said. "We are working hard on other (fundraising) methods... we have to realize not everyone carries cash in their pockets for the kettle."

Pastor Jason Dockery, of the Salvation Army Niagara Falls, said his campaign area said its campaign goal of \$85,000 was reached, covering an area that includes Niagara Falls and Niagara-on-the-Lake. Its final tally was \$85,252.

"We had a great response, especially in the last week-

end before Christmas," Dockery said. "We ended up beating our goal, which was about \$10,000 more than we raised last year."

The Salvation Army Christmas Kettle Campaign is an annual fundraising drive during the Christmas season.

Kettles are found in locations across Canada that include malls, grocery stores and gas bars.

Funds go to Salvation Army ministries supporting causes like food banks, food hamperers, helping the homeless and other programs.

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BOB TYMOCZYSZENKO/QMI AGENCY NIAGARA
Bernadette Lukasewycz stands by the Salvation Army kettle at the Pen Centre in December.

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SPORTS NEWS

■ SPORTS: Ending 2013 on a high note

Panthers roll through December

The Baron Roofing PeeWee Panthers ended 2013 with a string of pre-Christmas wins, beginning with a pair of one-sided matches against Dunville #1 and Port Colborne #2.

The Panthers scored 23 goals in the two wins, with Meld Murray leading the way with 12 points, followed by Blake Bishop with eight points, Eli Taylor picked up six points, and Drew Colangelo and Jack Obdeyn each had five points.

Points were also earned by Colton Morrison, Mitchell Karnay, Tyler Scott and Jared Sloan, Carter Nicholas, Zach Balsrusius, Josh Morningstar, Dan Durkin and Forest Turpel. Goalies

Scott and Carter Nicholas each earned a shutout.

The Panthers next game against Port Colborne #1 was scoreless except for a two-minute stretch during the 2nd period where the Panthers broke for three goals. Taylor was set to find the back of the net from Reid Murray. Then the Colangelo-Morrison-Obdeyn line went to work for three quick goals.

Morrison led the way with two goals and an assist, Obdeyn added the fourth goal and helped on two others and Colangelo picked up two assists. Nicholas manned the pipes for the shutout.

In a fast-paced match against

Welland #1, Murray and Taylor led the way with a pair of goals and an assist each. Morrison, Turpel, Sloan, Balsrusius and Bishop also out-maneuvered the Welland goalkeeper to score. Colangelo assisted on three goals and Obdeyn and Mitchell Karnay each picked up a helper in the 9-5 win for goalie Nicholas.

Ins. In their final game, the Panthers faced Welland #3. Murray and Sloan were a powerhouse duo on the ice, working together to earn points on eight of the 10 Panther goals in the game. Overall, Murray scored a whopping six goals and three assists, while Sloan scored once and helped on seven others. Turpel also had a stand-out game scoring twice and adding three more helpers. Morrison continued his scoring streak with another goal and assists were earned by Karnay, Morningstar and Colangelo. Netminder Nicholas took the 10-3 victory.

and helped on seven others. Turpel also had a stand-out game scoring twice and adding three more helpers. Morrison continued his scoring streak with another goal and assists were earned by Karnay, Morningstar and Colangelo. Netminder Nicholas took the 10-3 victory.

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LOCAL NEWS

■ POLITICS: Burroughs wants council to refocus this year

Region must 'get back on track' in 2014

JEFF BOLICKOWSKI
Special to The Standard

Regional council must find its focus and get back to work after a tough 2013, said Niagara Regional Chair Gary Burroughs.

He acknowledged 2013 was a difficult year for the Region, between a wave of senior staff departures and a disciplinary committee on council. For 2014, he said, council must "get back on track" and focus on the needs of Niagara residents.

"It's certainly, from the (councils) that I've been on, been a challenge. And that's why I'm talking about the

refocusing," he said.

With a municipal election looming in October, Burroughs — who said last year he wanted to run for mayor — will have to voice to the public and campaign on the challenges this year, too.

"My issue is, let's keep doing Regional business and try to keep the electioneering outside Regional business time."

Ahead of the October vote, the Region faces a laundry list of big issues from starting work on a new Burgoyne Bridge — which the Region had to find another \$25.5 million to budget toward — to building a new wastewater treat-

ment plant in Niagara-on-the-Lake.

And the Region is pencilled in to host the Federation of Canadian Municipalities conference this year, too.

That comes after the Region saw the seeds of a culture shift planted when longtime chief administrative officer Mike Trotan retired in mid-2013. The Region was already without its corporate services commissioner and deputy treasurer.

Councillors are pushing to fill the spot by hiring Harry Slangle as CAO. Mo Lewis was brought in as interim finance chief, and the Region is seeking new permanent commissioners for finance and public works.

"It's certainly a culture change," Burroughs said.

"This is a change. We're still early.... We'll have to identify exactly how the change is going to take place and where the growth is," he said.

Also difficult for the Region in 2013 was the issue of council discipline.

Councillors ultimately hired Robert Swazye as integrity commissioner. His impact was felt when he chastised St. Catharines councillor Andy Petrowski for two incidents involving regional staff, though Petrowski disputed the findings.



St. Catharines Mayor Brian McMullan



Regional Chair Gary Burroughs

down 5,000 pages of regulations to 10,000 pages.

"Not only will it make it easier for residents, we've had just amazing feedback from the business community," he said.

He said the city is also blazing forward with a streamlined customer service desk. He figures that will roll out in April and consume a fair amount of time.

But, he added, many of the big files have been accounted for.

"We've accomplished a lot, but there's still more work to be done," he said.

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LOCAL NEWS

■ CONDUCTED ENERGY WEAPONS: Stunning cost for something that will 'save lives'

Police want more Tasers; some question cost

BILL SANCHUK
QMI Agency Niagara

Beyond dollars and cents, Tasers — or what police refer to as conducted energy weapons — are a matter of life and death, Niagara Police Chief Jeff McGuire said.

"In our opinion, it is really quite simple, a conducted energy weapon is in the hands of a properly trained police officer, with proper steps of accountability and good supervision, is going to save lives," McGuire said.

"If hand-to-hand combat didn't work, and pepper spray didn't work, and you are fighting for your life, it gives the officer an opportunity to de-escalate a situation without having to elevate to the level of having to shoot someone."

At a recent meeting of the Niagara Region council, agreed to add \$670,000 back into the police budget recently, the exact estimated cost to buy stun guns for all front-line NRP officers.

A final plan to buy stun guns will be presented in January

to the police board, which can approve or reject it.

In Hamilton, the police service asked for \$92,462 to equip all front-line officers with conducted energy weapons.

However, a report to the police service board recommended a plan to purchase fewer devices, which will be in a portal and signed out.

The report said this will help minimize costs and help ensure that as technology changes the devices are more easily upgraded.

West Lincoln Mayor Doug Joyner said there are still questions that need to be answered in Niagara about the need and the need for a Taser in the hand of every front-line NRP officer.

The NRP deployed Tasers 19 times in 2012 and 27 times in 2011.

"In my mind, the chief needs to justify if every front-line officer needs one," Joyner said. "What they are saying is when they go out on a shift, they are going to grab their pepper spray, grab a flashlight. They are going

to grab some handcuffs. They are going to grab a Taser. I don't know that it is necessary that each front-line officer have one. Certain people on that plateau have them and I think that's good enough."

The NRP has 60 conducted energy weapons for its specialized units and uniformed officers.

The Taser incapacitates a victim using an electric shock, which disrupts the brain's signals causing pain and muscle contractions. Most victims fall down, which is why officers use them in altercations.

Tasers have an "on-board" computer that records the date and time whenever the trigger is pulled. Some models record how long the trigger was depressed.

On Aug. 27, the province announced it would allow the use of Tasers by front-line officers. The province didn't, however, provide any funding.

McGuire said since provincial policy now allows police forces to deploy stun guns, he believes

they should be purchased. The plan would be to equip 300 additional officers with the stun guns.

"The more coverage we have, the better," McGuire said. "If you look at the stats, there isn't a large number of uses. In a perfect world, we would have them at every call."

Because of the change in provincial policy, McGuire said there could be liability issues if an officer used a firearm when no Taser was available.

"I think it is reasonable to expect the board may be in a position to defend itself ... if a situation escalated to levels like that."

"Particularly in this jurisdiction, which is a large geographic area, having a couple on the road, say for instance, up in 3 District (Welland), in my opinion, is not that reasonable. They can be miles and miles apart. These things happen very quickly. It might be different in some of the larger cities if you have people right around the corner.

"None of our officers want to elevate to lethal force. They would very much like to have more steps before they get to that point. They don't want to go home at night having discharged their firearm thinking, 'I wish I had a CEW, I could have handled that differently.'

Henry d'Angela, chair of the police services board, didn't return calls.

Regional Coun. Bruce Timms understands the chief's point of view.

"I think all of the officers need to be better trained on de-escalating circumstances, but as the chief said, the presentation of a stun gun is often a significant deterrent. If they actually go that extra step and use it, it is a lot better than a bullet."

Timms said councillors want to know what putting \$600,000 worth of the Tasers in the capital budget would do to property taxes if the money doesn't come from the NRP's operating budget.

"(The chief) is putting for-

ward a good case to equip his people, but the board has to decide what we can afford," Timms said.

"It is a significant cost."

Timms said the Taser deployment was one of the services threatened by an arbitrators decision to give the police a 3% raise in 2013.

"We need to demonstrate to the arbitrators that significant services are at risk because of these exorbitant labour awards."

McGuire said police could attempt to find the money within the NRP's operating budget and perhaps not roll the weapons to every officer at once, but stagger the deployment over a few years.

"But I think the potential liability of not using these weapons should be weighed against their expense," he said. "We are still working on our deployment model as to what's best for the people and what's best for the service. We will be reporting to the board at the January meeting."

Dr. Kimberly Dobson



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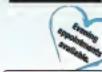
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LOCAL NEWS

■ **EMPLOYMENT:** Survey finds many people without pensions, savings

Facing a retirement crunch

DON FRASER
(M) Agency News

Doug Rapelje counts himself as one of the secure seniors.

Raising four children with his wife meant not being able to seriously save for retirement until he was in his 50s. But a decent pension from his job with Niagara Region meant his recent years have been comfortable.

"Having a livable income is so important in retirement, if you're going to enjoy it," said Rapelje, 80 — a Welland resident and retiree for 16 years.

"It's a major concern relating to quality of life when you get older."

Meridian Credit Union released a retirement study Monday that raises alarm bells

about the long-term financial security of Ontario residents.

It said 40% of Ontarians are putting off saving for retirement in order to pay down their debts, and 21% have not yet started saving for retirement.

About half said saving for retirement is not a priority right now.

The surprising numbers come as issues of retirement security are at the forefront. Some pension plans that once seemed secure are struggling and governments are increasing emphasis on personal responsibility for retirement savings.

Debate about increasing contributions to the federal Canada Pension Plan has also been rekindled.

With that in mind, Rapelje — former Niagara Region social services and senior citizens' services director — well remembers saving or contributing to a retirement fund isn't easy for some.

"It's fine to say to people they must plan and save for retirement," said Rapelje, who is also with the Niagara Age Friendly Community Network. "But it's a big order when you have other responsibilities."

He points to another problem: many people are still employed in jobs without pension plan options, and that adds to concerns about financial security in retirement.

Some retired people with pensions that aren't indexed to cost of living are trying to live on the same amount of

pension they started with decades ago.

One result of this is "a noticeable change in the dining in fast-food outlets, big box stores, working as crossing guards, which is for many a necessity to make ends meet," he said.

Acting Meridian CEO Bill Maurin offers blunt advice about saving for a decent retirement.

"Time is your best friend here," he said. "I agree (debt) repayment is critical, and something we all need to focus on."

Maurin said as anything, a balanced approach is best.

"People need to look at their assets and liabilities and manage both sides of that."

To that end, "take advantage of the savings and investment vehicles out there and ideally come up with a systematic plan."

"Just getting started is what really helps you," Maurin said.

St. Catharines senior Kathleen Van Helvert only recently

retired. Careful planning has

also helped her financial situation.

"My husband (who died two years ago) always put in the maximum amount we were allowed every year since RRSPs first started," said Van Helvert. "It always cuts down on your taxes."

"It's made me very independent now, in these years."

don.freaser@sunmedia.ca
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MERIDIAN RETIREMENT STUDY

■ 21% of respondents said they had yet to start saving for retirement.

■ 52% said they were focused on paying off debt.

■ 51% said they couldn't afford it.

■ 49% indicated saving for retirement is not a priority at the moment.

■ RRSPs (59%), pension plans from work (58%) and Tax Free Savings Accounts (50%) are the most popular retirement savings products held by Ontarians.

■ 18% say they expect some sort of inheritance to help with their retirement needs.

■ Ontarians plan to retire when they are 62, while current retirees are 66, while current retirees are 62, while current retirees are 66.

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LOCAL NEWS

NATURE: Attraction closes for early spring cleaning

Metamorphosis at Butterfly Conservatory

ALISON LANGLEY
QMI Agency Niagara

A metamorphosis at the Butterflies Conservatory is underway.

The popular Niagara Parks attraction closed Monday to allow staff to prune, rearrange and re-establish the tropical environment.

"Over the next week we're ripening out the majority of the under-storage of the conservatory plants,"

said curator Cheryl Tyndall.

The large trees and fast-climbing vines are being trimmed away from the massive netting that keeps the colourful winged inhabitants from the visiting and air-handling units.

The plants that are being removed — stachypharyta — are not only the main source of nectar for the butterflies but also a tasty

treat for an insect called the leaf hopper.

"We don't use any pesticides at the conservatory and it's hard to control pests like the leaf hopper," Tyndall said.

"By removing the majority of those plants, hopefully, we'll be able to put a big dent in that population."

Replacement plants are being

cultivated on site and will be planted in the coming days.

Also this week, crews will give the remaining tropical plants a good wash and the large windows and setting will be cleaned.

Several air curtains are being installed near the entrances.

The units project a stream of air in a narrow band.

"When the butterflies come up to it, they can't pass because the current is too strong," Tyndall said.

"The butterflies are less likely to fly through and get outside."

Again, the majority of the butterflies at the conservatory are imported from tropical regions of South America.

"And most South American countries really celebrate Christmas in a big way and they don't export during that time. We brought in a lot of butterflies before the Christmas break and we'll be receiving a new shipment this week so when we reopen we'll have 2,000 butterflies."

There will be more than 45 different species of butterflies including the Blue Morpho, and butterflies long wing butterflies and swallow tails.

Sprucing up the facility is a "very big and very messy" undertaking, Tyndall said. So it only made sense to close the doors in January.

"It's a really good time to do a shut down because a lot of people don't travel right after the Christmas break."

And once the conservatory opens for business, Tyndall encourages local residents to visit the oasis in their own back-yard.

"Actually, it's a perfect time to come to the conservatory," she said. "You'll really be able to enjoy it without a lot of people around."

The Butterfly Conservatory will reopen Jan. 13 which also gives staff time for the 20th annual Project TreeCycle where discarded Christmas trees collected by the region will be mulched on site.

The nutrient-rich mulch will be offered free to the public on Jan. 18.

The public can scoop some free mulch and enjoy two-for-one admission to the conservatory on that day.

In February, the conservatory will introduce a "Swamp Creatures" exhibit that will feature animals of the world's wetlands.

The 11,000-square-foot facility is North America's largest glass-enclosed butterfly exhibit.

It attracts an average of 300,000 visitors per year.

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BUTTERFLY LIFE CYCLE

- Eggs hatch between three and 10 days.
- Caterpillars consume great amounts of plant material.
- Caterpillars shedding skin several times as they grow.
- Fully grown caterpillar spins pupae.
- Pupas harden providing a protective casing in which the caterpillar transforms into a butterfly.
- In seven to 21 days butterfly emerges.



MIKE DIABATTISTA / QMI AGENCY/Niagara

These butterflies found a quiet spot to relax while staff at the Niagara Parks Butterly Conservatory begin cleaning up their environment.

■ CRIME

Pelham Target station hit by armed bandits

QM Agency Niagara

PELHAM — Two robbers who struck at a Pelham gas bar Saturday morning then torched their getaway vehicle before stealing another car are sought by police.

Niagara Regional Police said on Saturday at about 5:40 a.m. two disguised males entered the Target gas station at 151 Hwy. 20 W.

One robber brandished a handgun while

ordering the lone clerk to give him all of the store's cash. The clerk was then made to get on the ground as the suspects stole a quantity of cigarettes.

Both males sped away in a green 2005 GMC Sierra pickup truck that had been stolen from a Hamilton address. The truck was discovered minutes later engulfed in flames in a nearby residential neighbourhood.

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Unfortunately mixing alcohol with certain types of prescription medications can be dangerous. Alcohol can increase the risk of severe CNS depression when taken with opioids, benzodiazepines and barbiturates. Alcohol can also affect drug metabolism (breakdown to active components), or the absorption of some drugs. Chronic alcohol intake can also cause problems with certain medications because of the effect it has on the liver and specific drug metabolizing enzymes.

Chronic alcohol use increases acetaminophen (TYLENOL) metabolism increasing its conversion to metabolites toxic to the liver. It is always best not to exceed four grams of acetaminophen a day, especially if you are a heavy or binge drinker because of the damage it can do to your liver.

Chronic alcohol use along with NSAIDS (ibuprofen) or aspirin can increase the risk of GI bleeds. However, an occasional drink with NSAID use is not likely an issue.

If you are a patient on warfarin alcohol can inhibit warfarin metabolism and increase your INR. If you change your usual alcohol intake you should have your INR checked.

Certain antibiotics, and in particular metronidazole, has the potential when mixed with alcohol to make people quite ill. When taken together a patient may experience low blood pressure, shortness of breath, facial flushing, and nausea.

Diabetic patients taking hypoglycemics such as GLYBURIDE or insulin are at risk of severe hypoglycemia (low blood sugar) when they drink alcohol. These patients should limit alcohol to an occasional single drink.

Any patient on medication for sleeping should be careful of alcohol consumption because of the additive effects of drowsiness and respiratory depression. Patients have been known to aspirate their own vomit and die from intoxication. This could be more likely to happen if a person mixes alcohol with their sleep medication.

This same problem could exist when patients mix alcohol and opiates.

It is always wise to consult your pharmacist or physician if you receive a new prescription and intend to have a few alcoholic beverages. Also please notify your physician or pharmacist if you are a chronic drinker. Even if you are not planning to drink while taking your prescription previous liver damage could affect how well you metabolize your medication. This could result in too high, or too low a dose for you.

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hood.

The suspects described as being in their 20s or 30s are believed to have fled in a second truck stolen from a nearby residential area. It is a grey 2001 Chevrolet Silverado pickup truck with Ontario licence plate

8180KH. There is a small rust spot on the rear cab and the windshield displays a Pelham firefighter sticker.

The first suspect as white, possibly native, 5-foot-6 to 5-foot-8 with a thin physical build.

The second suspect is 5-foot-8 to

5-foot-10 with a thin physical build and green eyes.

Police suspect the males reside in either the Hamilton or Halton area.

There were no injuries in this mat-

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First Wednesday of Every Month
Open Late until 7PM

RESOLUTION Makeover



Vegetarian

GARCINIA
CAMBOGIA

Garcinia Cambogia is a superfruit that looks similar to a purple, but crack open the fruit and buried inside the rind is believed to be the key for weight management support – Hydroxycitric Acid (HCA). Garcinia Cambogia hails from Indonesia in Southeast Asia and has been a prized superfruit in Asia for centuries. Our Garcinia Cambogia formulation is standardized to contain 60% HCA plus Chromium which may also support healthy weight management.

Supports Weight Management

Contains Black Pepper Extract for Absorption

No Binders, Fillers or Excipients

800 mg Per Serving!

SUPPORTS HEALTHY
WEIGHT MANAGEMENT™

GARCINA CAMBOGIA

\$300
OFFDe Healthy
Cupboard

SIGN UP FOR OUR
NEWSLETTER AT
www.healthycupboard.ca

The Healthy Cupboard

www.healthycupboard.ca • healthycupboard@gmail.com

GLUCOsmaRT



With Glucomannan

Highly soluble in men and women

Aids weight loss

Normalizes insulin and blood sugar

For pre-diabetics and type 2 diabetics

Enhances serotonin, our happy hormone

Reduces sugar cravings

Helps polycystic ovarian syndrome (PCOS)

Improves fertility in those with PCOS

Stops skin tags associated with pre-diabetes

Controls elevated testosterone level that cause male facial hair growth in women

For men and women

GLUCOSMART

\$300
OFFDe Healthy
CupboardSUPPORTS
HEALTHY
WEIGHT
MANAGEMENT™

Pure
GREEN COFFEE BEAN
with
svetol®

Genesis Today's Green Coffee Bean with Svetol® is our original, quality Green Coffee Bean with added Svetol®. Like our original Green Coffee Bean, this product has been standardized to contain a minimum of 45% chlorogenic acids. Chlorogenic acids are believed to be the key compound behind its success. Green Coffee Bean with Svetol® contains 300 mg of our original green coffee bean extract in addition to 100 mg of Svetol® green coffee bean extract per capsule.



SUPPORTS

Weight Management
Healthy Blood Pressure Levels
Cardiovascular Function
Antioxidant Levels
Healthy Blood Sugar Level
And more!

**100%
PURE**

HEALTHY WEIGHT CONTROL

GREEN COFFEE BEAN

\$300
OFFDe Healthy
CupboardSUPPORTS
HEALTHY
WEIGHT
MANAGEMENT™

**Tanya &
Ian Birrell**
Owners of
The Healthy Cupboard

TWO LOCATIONS!

FONTHILL
111 #20 EAST
(across from Sobeys)

PORT COLBORNE
101 CLARENCE STREET
(across from Food Basics)

905 892.9054 **905 835.9806**



STUDENT SNAPSHOT: JOSEPH

With a keen interest in sports, Joseph challenges himself by playing basketball, volleyball, soccer and track. Although he has a number of athletic pursuits, being in high school has also helped Joseph find some new interests.

Eventually, Joseph says he'd like to make some good money by playing professional sports. But failing that, he'd also be happy to get into engineering.

It's a good thing for Joseph that DSBN high schools offer everything from arts programs to science and technology, including 40 Specialist High Skills Majors in 13 different economic sectors. This way, no matter which interest Joseph decides to pursue, there will be courses and programs to match his needs.

GET IN THE GAME!

From aquatics to wrestling and everything in between, DSBN schools offer 24 types of different sports at both the recreational and competitive levels.



At the DSBN, your learning opportunities are almost limitless.

Our schools offer a wide variety of courses, programs, clubs, athletics and extra-curricular experiences to suit every student's particular interests.

WHAT ARE MY OPPORTUNITIES?

WANT HANDS-ON EXPERIENCE?

Specialist High Skills Majors (SHSM) are programs that help students put a laser-like focus on their learning. These programs allow students to concentrate their education in a specific economic sector and help prepare them for college, university, apprenticeship or the workplace. SHSMs allow students to gain unique insight into their chosen career path, as well as many industry specific qualifications and certifications.

Currently, the DSBN offers 40 Specialist High Skills Major programs in 13 different sectors:

Agriculture

Arts and Culture

Business

Construction

Energy

Environment

Health and Wellness

Hospitality and Tourism

Horticulture

ICT (Communications)

Manufacturing

Sports

Transportation

SPECIALIST HIGH SKILLS MAJOR



EARN COLLEGE CREDITS WHILE YOU'RE WORKING TOWARDS YOUR HIGH SCHOOL DIPLOMA!

In the Dual Credit Program, students participate in college courses and earn both a college credit and one high school elective credit which count towards both their high school diploma and their post-secondary diploma.

Working with Niagara College, the DSBN offers 4 dual credit programs: Hospitality and Tourism, Arts and Culture, Business, and Construction.

WE'RE PLUGGED IN!

At the DSBN, we know how important technology is to your life. Smart phones, tablets and many other devices help you to stay connected with friends and family, keep up with current events and so much more. The DSBN also believes that technology has an important role to play in helping you to become successful in school.

GO CLUBBING!

In 2013, there were more than 48 different kinds of clubs available for student membership at DSBN high schools.

CONNECTING TO SUCCESS
USING LEADING EDGE TECHNOLOGY TO SUPPORT STUDENT LEARNING

OVER **40%** of DSBN high school students ARE LEARNING AT LEAST ONE CREDIT THROUGH eLEARNING

STUDENTS BRING IN OVER 1,500 DEVICES EACH DAY TO SUPPORT THEIR LEARNING.

The DSBN is one of the ONLY school boards in Ontario to offer online Math Homework Help to students in grades 9-12

THE DSBN HAS OVER 30,000 DEVICES CONNECTED EACH DAY FOR EDUCATIONAL PURPOSES.

www.dsbn.org

STUDENT SNAPSHOT: DUAN

"I really think it's important to have a well rounded experience in school," says Duan, whose high school experience has already led him to a job in his chosen career sector.

Now that he's in Grade 11 and taking more elective courses, Duan has the opportunity to pursue all of his other interests and explore new thoughts and ideas.

"There are so many different courses and clubs you can choose from, it's great. Plus, everyone I've met has been so supportive," said Duan.



STUDENT SNAPSHOT: JESSICA

Now in Grade 10, Jessica says the experiences she's had in high school have opened her eyes to a whole range of different career paths.

"Being focused on the arts, I thought I only had a couple options available to me. At first I figured I would pursue either acting or singing, but now I see all the possibilities that exist."

She added, "High school has been great for me. I'm getting the chance to experiment with so many new things and all my friends and teachers are so supportive, I couldn't imagine being anywhere else."

WHAT'S THE PLAN?

What you want to learn in school will be influenced by what you want to do afterward. You may have a specific career in mind, or you may have a general area of interest. Wherever you want to go, a good plan will form the foundation of your future success.

Of course, you won't be alone on this journey.

Our schools take great pride in supporting you and your family each step of the way. You'll be able to rely on your teachers and your school's guidance department as important resources. We'll be happy to work with you on creating an educational plan designed to meet your particular needs and help you achieve your future goals.

Find out more about high school and read all of our student snapshots at:

www.dsbn.org/yourfuture

